



Bob Ross
Senior Center
2219 Babcock Rd.
San Antonio, TX. 78229
210.207.5300

Center Manager
Pedro Garcia
Pedro.garcia4@sanantonio.gov

Operating Schedule :
Monday - Friday

- Center hours: 7am-4pm
- New Member Orientation : Tuesday 2pm & Friday 9am
- Hot meals served daily 11:30am-12:30pm in the dining room 168—Meal tickets can be picked up beginning 8:30am

Celebrations / Activities / Center Closures:

- Monday April 4th— Movie “ West Side Story 2021” in the dining room 168
- ***** NEW*** Tuesday April 5th—10-11:30am Seniors in Play**
- Thursday April 7th— 9:30am 99 cent Store trip
- Tuesday April 12th— 9am-12pm Bob Ross 15th Anniversary Fiesta (frozen meals served that day)
- Wednesday April 13th – OASIS presentation : Outsmart the Scammers
- Thursday April 14th– Commodities / CSFP Distribution 9:00-10:30am
- Tuesday April 19th – 9-10am San Antonio Food Bank Nutrition Class rm 168 Topic Anti-inflammatory Foods
- Monday April 18th– Movie “ Marry Me ” in the dining rm 168
- Thursday April 21st– 9:30am Thrift Store Trip
- **Center Closures: April 8th & 22nd**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
***Calendar subject to change or be updated throughout the month ***				1 9am Registration and Orientation 10am—BINGO
4 1pm Movie: “West Side Story” In the dining room 168	5 9-11am Computer Class: Intro to Computers 10-11:30am Seniors in Play rm 155 1:00pm Loteria rm 155 2pm Registration and Orientation	6 10am—BINGO 12:30pm Karaoke	7 9-11am Computer Class: Word Basics 9:30am 99 cent store trip 1-3pm Computer Class: Intro to Computers	8 CENTER CLOSED
11 9am Table Games In the dining room 168	12 9-11am Computer Class: Intro to Computers 9am-12pm Bob Ross 15th Anniversary Fiesta 10-11:30am Seniors in Play rm 155 1:00pm Loteria rm 155 2pm Registration and Orientation	13 9am OASIS Presentation: Outsmart the Scammers rm 155 10am—BINGO 12:30pm Karaoke	14 Commodities / CSFP 9:00am-10:30am Drive Thru 9-11am Computer Class: Word Basics 1-3pm Computer Class: Intro to Computers	15 9am Registration and Orientation 10am—BINGO
18 10am Name that Tune 1pm Movie: “Marry Me” In the dining room 168	19 9-11am Computer Class: Intro to Computers 9am SAFB Nutrition Class rm 168 10-11:30am Seniors in Play rm 155 1:00pm Loteria rm 155 2pm Registration and Orientation	20 10am—BINGO 12:30pm Karaoke	21 9-11am Computer Class: Word Basics 9:30am Thrift store trip	22 CENTER CLOSED
25 9am Table Games In the dining room 168	26 9-11am Computer Class: Intro to Computers 10-11:30am Seniors in Play rm 155 1:00pm Loteria rm 155 2pm Registration and Orientation	27 10am—BINGO 12:30pm Karaoke	28 9-11am Computer Class: Word Basics	29 9am Registration and Orientation 10am—BINGO







In Person Fitness Classes
Monday : 8:00am YMCA Aquatic—Pool House 9:00am YMCA Aquatic—Pool House 9:30am YMCA Tai Chi—Rm 110 10:00am YMCA Aquatic—Pool House 1:30pm YMCA Muscle and Mind—Rm 110 1:30pm YWCA Aquatic Exercise—Pool house
Tuesday : 8:00am YMCA Aquatic—Pool House 9:00am YMCA Aquatic—Pool House 10:00am YMCA Aquatic—Pool House 10:00am YMCA Strength & Cardio—Rm 142 1:30pm YMCA ZUMBA—Rm 110 1:30pm YWCA Aquatic Fitness—Pool house
Wednesday : 8:00am YMCA Aquatic—Pool House 9:00am YMCA Aquatic—Pool House 9:30am YMCA Chair Yoga—Rm 142 10:00am YMCA Aquatic—Pool House 11:00am YMCA ZUMBA—Rm110 1:30pm YMCA Muscle and Mind—Rm 110
Thursday : 8:00am YMCA Aquatic—Pool House 9:00am YMCA Aquatic—Pool House 10:00am YMCA Aquatic—Pool House 10:00am YMCA Strength & Cardio—Rm 110 1:30pm YMCA ZUMBA— Room 110 1:30pm YWCA Aquatic Fitness—Pool house
Friday : 8:00am YMCA Aquatic—Pool House 9:00am YMCA Aquatic—Pool House 10:00am YMCA Aquatic—Pool House 10:15am YMCA Strength & Cardio—Rm 110 1:30pm YMCA Yoga—Rm 110 1:30pm YWCA Aquatic-Pool House

Volunteer Led Activities Contact Pete Garcia @ (210)207.5300 for classes, time & availability, and volunteer application
Monday : ♦ 1pm Dominoes rm 114 ♦ 10am Name that Tune Rm 168 (3rd Monday of the month)
Tuesday : ♦ 9am Advanced Tai Chi Rm 110 ♦ 10am Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry ♦ 11am Folkloric Rm 110 w/ Kitty DeJong ♦ 1:00pm Loteria rm 155
Wednesday : ♦ 9am Advanced Tai Chi Rm110 ♦ 9am Gentle Hands w/ Mari Elena 143 (2nd & 4th Wednesday of the month) ♦ 10am Tai Chi Rm110 w/ Ah-Hsueh Sprayberry ♦ 10am Bingo rm 168 ♦ 12:30pm Karaoke rm 168 ♦ 1pm Quilting Group Rm 143 ♦ 1pm Dominoes rm 114
Thursday : ♦ 10am Book Club Rm 143 ♦ 11am Folkloric Rm 110 w/ Kitty DeJong
Friday : ♦ 9am Line Dancing rm 110 w/ Anna & Gene ♦ 10am Bingo rm 168 (every other Friday)
Bihl Haus Art Classes
Monday : Beginning Drawing—9:30-11:30am rm 155
Monday : Beginning Painting—1pm-3pm rm 155

WellMed Nurse Hours
<p align="center"> Monday through Thursday 8am-12pm & 1pm-4pm * Mask required during screenings * </p>

Hot Meals are Served Monday thru Friday from 11:30am - 12:30pm in Nutrition Area

Distribution time may be delayed due to a late meal delivery from MOW

			<h1>April 2022</h1>		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			<p>Apple Juice: 108 kcal, 26 CHO, 1 g protein Orange Juice: 107 kcal, 26 CHO, 2 g protein</p>	<p>Cheese Enchiladas w/ Red Sauce [14] Cilantro Corn & Rice [36] Black Beans [19]</p> <p>Yogurt [18] ♥ 2% Milk [12] ♥ 710 calories</p>	
4/4/2022	4/5/2022	4/6/2022	4/7/2022	4/8/2022	
<p>Picadillo [8] ♥ Spanish Rice [24] Refried Beans [30]</p> <p>Cinnamon Applesauce [14] ♥ 2% Milk [12] ♥ 650 calories</p>	<p>Texas Chicken Fried Chicken [17] Herb Confetti Pasta Salad [20] Greens [6] ♥</p> <p>Sliced Bread [14] Fresh Orange [18] ♥ 2% Milk [12] ♥ 726 calories</p>	<p>Savory Salisbury Steak with Gravy [6] Fortified Mashed Potatoes [21] ♥ Parslied Coin Carrots [7] ♥</p> <p>Fresh Banana [26] ♥ 2% Milk [12] ♥ 622 calories</p>	<p>Beef Enchiladas [25] Spanish Rice [24] Green Beans [6] ♥</p> <p>Fresh Apple [22] ♥ 2% Milk [12] ♥ 673 calories</p>	<p>FIESTA SAN JACINTO DAY - HEAL HOLIDAY</p> <p>Cheese Manicotti [38] Buttered Brussel Sprouts [3] ♥ Herb & Garlic Bread [7] ♥</p> <p>Cinnamon Applesauce [14] ♥ 2% Milk [12] ♥ 682 calories</p>	
4/11/2022	4/12/2022	4/13/2022	4/14/2022	4/15/2022	
<p>Savory Chili Cornbread Bowl [34] Almondine Green Beans [8]♥ Peaches and Oats [28] ♥</p> <p>Golden Cornbread [29]♥ 2% Milk [12] ♥ 790 calories</p>	<p>Crispy Chicken Nuggets [16] Tomato Penne Pasta [24]♥ Seasoned Veggie Capri Blend [7]♥</p> <p>Fresh Apple [22] ♥ Strawberry Gelatin [14]♥ 2% Milk [12] ♥ 688 calories</p>	<p>Breaded Chicken Breast [2] Veggie Pasta Salad [23] Fortified Mashed Potatoes [21]♥</p> <p>Fresh Orange [18] ♥ 2% Milk [12] ♥ 692 calories</p>	<p>Grilled Turkey Sausage Links [1] Seasoned Cabbage [8]♥ Parslied Rice [23] ♥</p> <p>Sliced Bread [14] Cinnamon Applesauce [14]♥ 2% Milk [12] ♥ 615 calories</p>	<p>Veggie Bolognese [27] Almondine Green Beans [7]♥ Hawaiian Roll [16] ♥</p> <p>Chocolate Pudding [25] 2% Milk [12] ♥ 656 calories</p>	
4/18/2022	4/19/2022	4/20/2022	4/21/2022	4/22/2022	
<p>Chicken Enchiladas [26] w/ Cheese Sauce [7] Spanish Rice [24] Seasoned Spinach Greens [5] ♥</p> <p>Pudding [25] 2% Milk [12] ♥ 732 calories</p>	<p>Cheese Manicotti topped w/ Zesty Tomato Sauce [32] Seasoned Zucchini [3]♥ Hawaiian Roll [16] ♥</p> <p>Fresh Orange [18] ♥ 2% Milk [12] ♥ 644 calories</p>	<p>Old-Fashioned Swiss Steak w/ Gravy [10] over Bow-Tie Pasta [17] ♥ Almondine Green Beans [7]♥ Crisp Ruby Pears [28] ♥</p> <p>Sliced Bread [14] 2% Milk [12] ♥ 712 calories</p>	<p>Came Guisada [6] Spanish Rice [24] Buttered Baby Carrots [7]♥</p> <p>Fresh Banana [26] ♥ 2% Milk [12] ♥ 627 calories</p>	<p>DHS INSERVICE- HEAL HOLIDAY</p> <p>Crispy Chicken Breast [2] Black Bean and Corn Salad [19] Fruit Cocktail Crumble [32] ♥</p> <p>Dinner Roll [22] 2% Milk [12] ♥ 710 calories</p>	
4/25/2022	4/26/2022	4/27/2022	4/28/2022	4/29/2022	
<p>Lightly Breaded Chicken with Gravy [5] Seasoned Country Potatoes [18]♥ Roasted Brussel Sprouts [5]♥</p> <p>Fruit Cup [17] ♥ Golden Cornbread [29]♥ 2% Milk [12] ♥ 655 calories</p>	<p>Cheesy Beef Mac Casserole [22] Creamed Spinach [7]♥ Peaches and Oats [30] ♥</p> <p>Sliced Bread [14] 2% Milk [12] ♥ 665 calories</p>	<p>Five Cheese Lasagna [29] Buttered Broccoli [7] ♥ Hawaiian Roll [16] ♥</p> <p>Fresh Orange [18] ♥ 2% Milk [12] ♥ 618 calories</p>	<p>Homestyle Meatloaf w/ Homestyle Gravy [7] Fortified Mashed Potatoes [21]♥ Asparagus Tips & Red Bell Pepper [2]♥</p> <p>Dinner Roll [22] Fresh Apple [22] ♥ 2% Milk [12] ♥ 665 calories</p>	<p>QUARTERLY TRAINING - HEAL HOLIDAY</p> <p>Mini Turkey Corn Dogs [20] Veggie Pasta Salad [23] Seasoned Zucchini [3]♥</p> <p>Chocolate Chip Cookie [17] ♥ Yogurt [18] ♥ 2% Milk [12] ♥ 695 calories</p>	
For more information call 210-207-7172. Menu subject to availability and change without notice.					
Legend	WG= Whole-Grain; [grams of carbs]; ♥= less 140mg sodium/serving				
Comments	Diabetic-friendly meals: the recommended carbs servings per meal are 45-60g carbs per meal. To assist you in making the best choices for yourself we have included the grams of carbs per item in brackets next to the item. Make the right choices for you, you can do this!				